

EXAMINATION OF CONSCIENCE

First Commandment: You shall love the Lord your God with all your heart.

- Does God's law come first in my decisions, or do I allow money, security, power, other people to be "gods" in my life?
- Do I dabble with things that can harm my faith, such as the occult, out of curiosity?
- What am I doing to grow in my relationship with God?

Second Commandment: You shall not take the name of the Lord your God in vain.

- Have I used God's name in vain either lightly or carelessly?
- Do I tell jokes that profane sacred things or insult sacred persons?
- Do I grow in my love for God by investing time and effort into my prayer life?

Third Commandment: You shall keep holy the Lord's day.

- Have I deliberately missed Mass on Sundays or holy days of obligation?
- Do I nurture mental distractions during Mass?
- What have I done to set aside Sunday as a family day and a day of rest?

Fourth Commandment: You shall honor your father and mother.

- Have I neglected my duties to my spouse and children?
- Have I been respectful and loving to my parents, and have I cared for their needs generously and cheerfully?
- What am I doing to build up the "domestic Church" in my home?

Fifth Commandment: You shall not kill.

- Have I had an abortion or encouraged or helped anyone to have an abortion?
- Have I physically harmed or insulted anyone?
- Have I harbored anger, hatred or resentment?
- How have I encouraged and supported others in my words and actions?

Sixth Commandment: You shall not commit adultery.

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Have I indulged in pornography?
- How have my words and actions helped myself and others to grow in respect for our bodies and for the gift of sexuality?

Seventh Commandment: You shall not steal.

- Have I stolen what is not mine?
- Do I waste time at work, school, and/or home?
- Do I pay my debts promptly?
- Do I gamble excessively, thereby denying my family of their needs?

Eighth Commandment: You shall not bear false witness.

- Have I lied or in any way misrepresented the truth?
- Have I gossiped or spoken badly of others behind their back?
- Have I shared what should be kept confidential?
- Have I spoken positively and defended the reputation of others?

Ninth Commandment: You shall not covet your neighbor's wife.

- Have I consented to impure thoughts?
- Have I nurtured impure thoughts through my reading, pornography, movies, television, conversation?
- Am I careful to dress modestly?
- Have I chosen to surround myself with friends who support my call to holiness?

Tenth Commandment: You shall not covet your neighbor's goods.

- Do I envy what others have?
- Am I greedy or selfish with my possessions? With my time? With my ideas?
- Do I cultivate a habit of sharing what I have with those who are less fortunate?

STEPS OF THE SACRAMENT OF CONFESSION

- 1) Greeting
- 2) Confession of Sins
- 3) Expression of Sorrow

ACT OF CONTRITION

*Lord, Jesus Christ,
have mercy on me, a sinner.*

- 4) Absolution
- 5) Penance

SACRAMENT OF RECONCILIATION

